

SPRING SESSION DATES

REGISTRATION OPEN UNTIL CLASSES ARE FULL | ADD \$10 LATE FEE FOR REGISTRATIONS RECEIVED AFTER DEADLINE

SESSION I: March 23 - April 20 Registration Starts: Mon. Feb 24 | Reg. Deadline: Mar. 18
*No Saturday Lessons, No Class Apr. 13

SESSION II: April 27 - May 21 Registration Starts: Mon. Mar. 30 | Reg. Deadline: Apr. 22
*No Saturday Lessons

Level 3 | Bass Freestyle & Elementary Backstroke

Days & Times:

M & W 4:30 - 5:00 pm

M & W 5:30 - 6:00 pm

T & TH 4:00 - 4:30 pm

Cost: 8 lessons for \$76 (members) / \$116 (non-members)

Level 4 | Walleye Backstroke & Treading

Days & Times:

M & W 6:00 - 6:30 pm

T & TH 4:30 - 5:00 pm

Cost: 8 lessons for \$76 (members) / \$116 (non-members)

Level 5 | Northern Pike Breaststroke

Days & Times:

M & W 6:00 - 6:30 pm

T & TH 4:30 - 5:00 pm

Cost: 8 lessons for \$76 (members) / \$116 (non-members)

Level 6 | Muskie Master All Strokes

Days & Times:

M & W 6:00 - 6:30 pm

T & TH 4:30 - 5:00 pm

Cost: 8 lessons for \$76 (members) / \$116 (non-members)

CHOICE SWIMMING ACADEMY REGISTRATION FORM - SPRING 2020 SESSIONS

Name: _____ Date of Birth: ____ / ____ / ____ Current Age: _____

Parent Name(s): _____ Email: _____

Address: _____ City/State/Zip: _____

Parent Phone: _____ - _____ - _____ Alternate Phone # (work, mobile, etc.) _____ - _____ - _____ Gender: M F

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent or Guardian Signature: _____ Date: ____ / ____ / ____

PLEASE CHECK THE FOLLOWING SESSION YOU WOULD LIKE YOUR SON/DAUGHTER TO PARTICIPATE IN ALONG WITH THE CLASS DAY & TIME YOU PREFER.

SESSION I: Mar. 23 - Apr. 20 ____ (Deadline: Mar. 18)

SESSION II: Apr. 27 - May 21 ____ (Deadline: Apr. 22)

Level 3: Bass

____ M/W | 4:30 pm \$76 mem/\$116 non-mem

____ M/W | 5:30 pm \$76 mem/\$116 non-mem

____ T/TH | 4:00 pm \$76 mem/\$116 non-mem

Level 4: Walleye

____ M/W | 6:00 pm \$76 mem/\$116 non-mem

____ T/TH | 4:30 pm \$76 mem/\$116 non-mem

Level 5: Northern Pike

____ M/W | 6:00 pm \$76 mem/\$116 non-mem

____ T/TH | 4:30 pm \$76 mem/\$116 non-mem

Level 6: Muskie

____ M/W | 6:00 pm \$76 mem/\$116 non-mem

____ T/TH | 4:30 pm \$76 mem/\$116 non-mem

Levels 3-6 4 yrs & up

CHOICE SWIMMING ACADEMY

Choice Swimming Academy is designed to teach young children all levels of swimming, from basic skills to competitive and rescue strokes and water safety.

Level 3 | Bass

In this level, children will learn the front crawl with breathing as well as the elementary backstroke.

Level 4 | Walleye

In this level, children will learn the backstroke, how to tread water, and sculling.

Level 5 | Northern Pike

In this level, children will learn the breaststroke and sidestroke.

Level 6 | Muskie

In this final level, children will learn the butterfly, endurance in the water, and turns, as well as master all the strokes learned in previous levels.



CHOICE
HEALTH & FITNESS